



Windermere[®]

*everyone is someone
in our community*

Baby Cues

A 3-week self-care group caring for mother's needs.

This small, educational, support group aims to assist mums in social supports with some educational strategies in understanding their babies' cues. The group provides open conversation, information, and one on one support from a family support worker, while providing some gentle baby sleep and settling techniques that work.

AIMS:

- To increase your knowledge about babies sleep and awake states.
- To lessen your feelings of frustration and lack of sleep.
- To get better results with less effort and stress when trying to recognise what your baby is telling you.

For: Parents with children aged from 0 to 6 months

Sessions: *Friday Mornings*- beginning 10th February to 24th February 2012

Time: *All 3 sessions:* 10:00 am to 12:00 pm

Venue: Living & Learning Centre
6B Henry Street, Pakenham

Cost: Free to attend

To book or More Contact Rachel Smith on 9705 3200

